

Hopscotch Wellness Challenge

Hopscotch your way to a new you!

Remember the summer days of hopscotch? Once again you can hopscotch your way to the finish line, but with a healthy and happy new you in mind!

Over the next few months (and beyond!) work your way through the levels and earn points toward prizes. The more points you earn the better the prize!

You must complete the challenges in each level before advancing to the next one. Once you have completed a level you can repeat any previous challenges as many times as you want to accrue more points (unless specified otherwise). If you can't master a challenge you can choose one of the five substitute challenges to do instead, but you can only use that substitution once. Once you have completed all the levels you will earn the title of **"Wellness Hopscotch Master."**

Hopscotch Challenges

Level 1	Challenge	Description and Resources	Points	Eligibility
	Fruit & Veggie	Track fruits and vegetables you eat in a day Goal: a combination of 5-9 fruits and vegetables per day	1 per fruit or vegetable	9/day
	Move More	30 minutes of exercise a day • Try for most days (4-5 days) of the week Try this workout sparkpeople.com/resource/videos-detail.asp?video=103	30	90/day
	Health Screening	Screening completed by ADPH or personal physician	50	
	Sleep	Get 7 hours of sleep a night Read: http://www.cdc.gov/sleep/	5 for each night	
	Budget	Complete a home budget analysis http://www.aarp.org/money/budgeting-saving/home_budget_calculator/	25	
	Level 1 Hopscotcher	Master above challenges & continue to level 2	50	
Level 2	Challenge	Description and Resources	Points	Eligibility
	Beverage	Drink 6-8 cups (48-64 fl oz) of water per day. Read: http://www.cdc.gov/nutrition/everyone/basics/water.html	10	
	Weekly Movement	120-150 minutes of exercise in a week	30	
	Walking	Attend a Walking Wednesday	25	
	Toast Master	Attend a Toast Masters Meeting (Tuesdays at 12 room 1770)	50	
	Brain	Do a crossword puzzle or sudoku	5	
	Social Interactions	Visit someone in a nursing home or a long lost friend or family member	50	
	Level 2 Hopscotcher	Master above challenges & continue to level 3	50	

Hopscotch Challenges?

Here are 5 alternate challenges that can be used to replace a challenge.

**** Substitute challenges can only be used once.****

- * Leisure activity with others
- * Make a To-Do list
- * Attend iChoices Wellness Program
- * Watch a documentary
- * Lower the temperature on your water heater & save \$\$



**Levels
3 - 5
listed on back**

Level 3	Challenge	Description and Resources	Points	Eligibility
	Whole Grains	Add whole grains to a meal or snack. Read http://www.choosemyplate.gov/food-groups/grains-why.html	1 per whole grain choice	
	Move More	Take 5 or more flights of stairs	5 points for each flight taken	
	Mission Statement	Write a personal mission statement. Who and what do you want to be? Read : http://www.wikihow .	10	1 time only
	Resistance Training	Do weight lifting or resistance training $\geq 2x/week$.	20	
	Social Support	List the people you go to when you need help, encouragement, or motivation. Reflect on the qualities	15	
	Financial	Review your spending from last month, evaluate where your money is going	20	
	Level 3 Hopscotcher	Master above challenges & continue to level 4	50	
Level 4	Challenge	Description and Resources	Points	Eligibility
	Volunteer	Examples: soup kitchen, food bank, hospital visitation, charity walk	30	Once/ Month
	Journal	Relax and write in a journal about daily activities	10	3 X weekly
	Time Management	Read (http://www.mayoclinic.com/health/time-management/wl00048) and prioritize your tasks for the day	10	
	Seasonal	Buy in season local produce for a healthy way to save you \$\$ http://store.growalabama.com/Articles.asp?ID=242	10	
	Garden	Try out your green thumb. Plant a flower, tree, herb, or vegetable http://www.hgtv.com/gardening/how-to-create-a-butterfly-garden-in-a-pot/index.html	40	1 time only
	Stimulate the Mind	Visit a museum, science center, art gallery, or historical site	20	
	Level 4 Hopscotcher	Master above challenges & continue to level 5	50	
Level 5	Challenge	Description and Resources	Points	Eligibility
	Goal Setter	Evaluate your accomplishments and set a goal to continue your wellness habits	35	
	Face-to-Face Health Coaching	Have a meeting with a health coach (contact Teresa Fair for details)	100	
	Count Your Blessings	Make a blessings jar. Write down every time something good happens. Date it and put in jar. Read one when having a bad day.	50	
	Policy Making	Submit a <u>detailed</u> idea for a policy that promotes wellness in the workplace	75	1 time only
	Letter Writing	Write a friend or relative a letter	20	
	Level 5 Hopscotcher	Master above challenges & become Hopscotch Master	100	